

LARGEST WEEKLY CIRCULATION IN THE HAMPTONS PLUS SPECIAL MANHATTAN DELIVERY

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HEALTH, BEAUTY & FITNESS

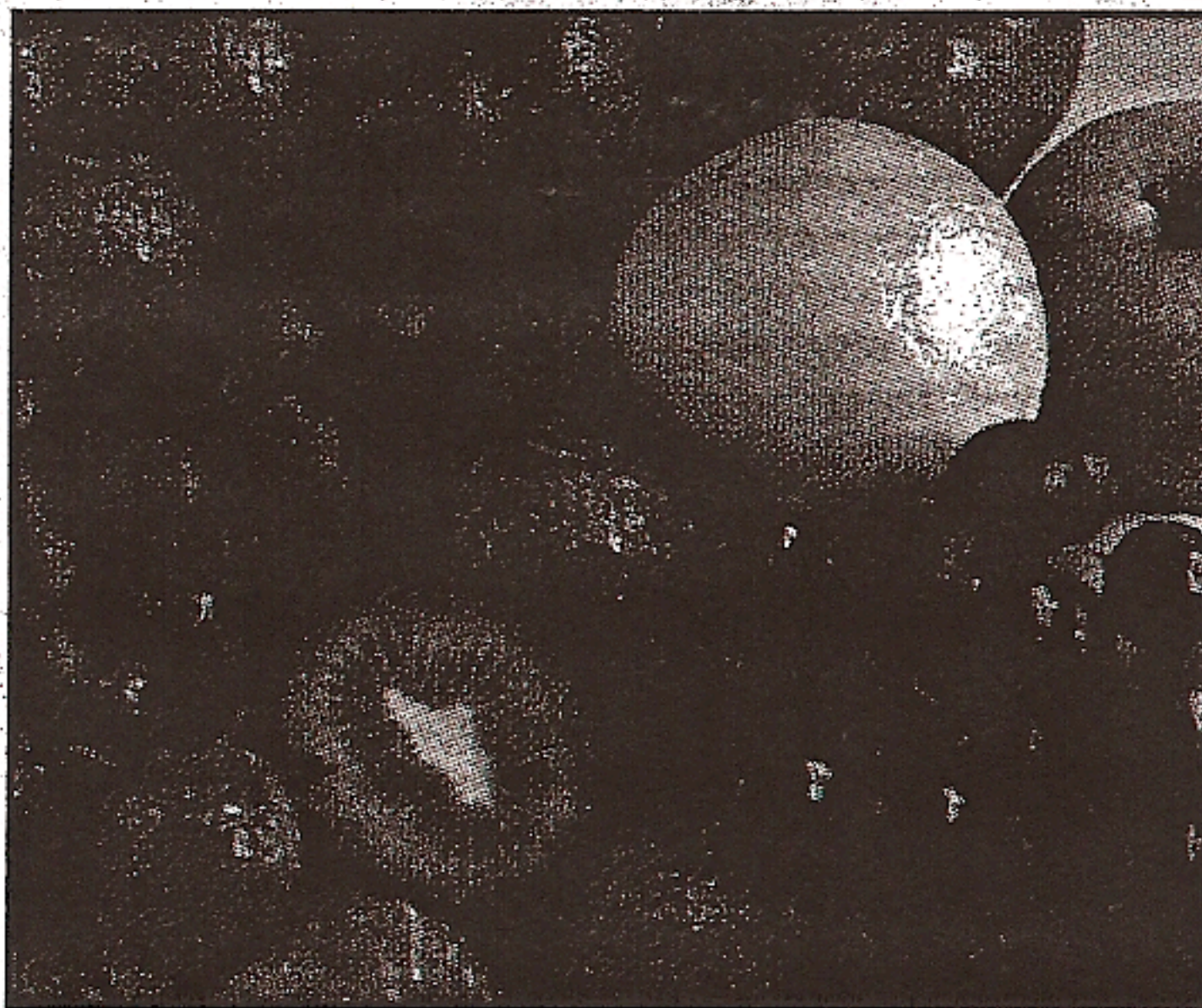
Skin deep with Samantha Altea

Eat your way to beautiful skin

Here's the skinny. Spring is in the air and when this long awaited season begins to take hold, there's nothing better than accompanying it with clear, beautiful skin. After all, there are new buds in bloom, so why not uncover fresh new skin? We all want a healthy glowing dermis any time of the year, but especially when there's dew on the ground and everything around feels like a whole new world. Spring is the beginning of the barely there make-up look and so it's pertinent to be fresh of face to complement the season.

But how does one achieve glossy, dewy skin? Hands up if you've been applying wrinkle creams and skin potions all winter long. Have you even gone under needle or knife, or contemplated the notion? If all you want is crystal clear skin, then don't "cut" corners to a glowing complexion...there's really no need. All you, have to do is take the natural route. There are no sharp instruments in sight, (other than the cooking utensils you'll need in order to rustle up some delectable skin enhancing meals). We are what we eat; or what we ingest and our skin is the canvas for that diet - beautiful skin is on the menu. If you take the time and energy to plan a healthy lifestyle and diet, including some vitamin, mineral and food supplements, you, too, can have natural, spring-like skin! Couple a healthy diet with a good cleansing and maintenance routine and you simply can't fail.

First commit to getting healthy and stick to it. Think exercise and fresh air, beautiful fruits and vegetables - not hard to get your hands on in the Hamptons. Fresh fish and meats should also be part of



the plan. Then figure out what kind of skin type you are and what issues you have with your skin.

Is your skin: *Normal - Oily - Dry - Combination - or Sensitive?*

Once you've figured out your skin type, be sure to choose cleansing products formulated for you specifically. Then take the following four steps every day. 1. Cleanse 2. Tone 3. Moisturize and 4. Protect.

After you've taken the first four steps to healthy looking skin, you then need to take step 5 - The most important element of all. Feed your skin... with a well balanced diet, which includes Vitamins A, B, C, D and E.

Vitamins C and E prevent damage from free radi-

cals, those pesky things that cause lines and wrinkles. Vitamin C helps to produce healthy collagen levels. Collagen (which we all lose as we grow older) maintains moisture in our skin, keeping a firm elasticity and therefore lack of wrinkles and sagginess. Vitamin A helps to prevent sun damage and acne and Vitamins C and D also help with skin healing. Vitamin B is one of the most important vitamins for the skin and comes in many different forms, including B1, B2 etc. The B vitamins, which help with circulation of the skin, can also help prevent liver spots, eczema, and even aid with acne. The following foods are rich in all of these vitamins and should be a part of your weekly diet.

Vitamin A - Think sunshine and color. Go for yellow and orange fruits and vegetables first, then change your color palate to dark green, wheat germ and leafy vegetables. Whole eggs, whole milk, and liver also contain Vitamin A, but these may be problematic for some skin conditions like eczema and acne. So be careful with milk and eggs and know your skin type.

Vitamin C - Try delectable citrus fruits, tomatoes, broccoli, green peppers, cantaloupe, or strawberries. These along with other fresh fruit and veg can be found at the farmer's market.

Vitamin D - It's hard to get natural amounts of this vitamin, but it can be found in fatty fish and fish oils. Salmon is an excellent source of this and according to Dr. NV Perricone can radically reduce wrinkles. Milk is a great source of Vitamin D, as well as calcium for our bones, which is why Mom always wanted us to drink it. Don't stop now that you're a grown up.

Vitamin E - Can be found in vegetable oils, nuts, green leafy vegetables and even some cereals.

Vitamin B - Can be found in many different foods, some include brewer's yeast, oatmeal, bran, whole wheat, whole brown rice, soybeans, and meats.

Foods to consider that help us maintain healthy collagen levels are poultry, sea food, mushrooms, whole grains, fruit and vegetables.

Zinc is a great natural supplement to take for the skin and aids in acne and skin healing. It also acts as an antioxidant. Chromium is another natural food supplement which helps with skin infections and acne and can be taken in pill or liquid form.

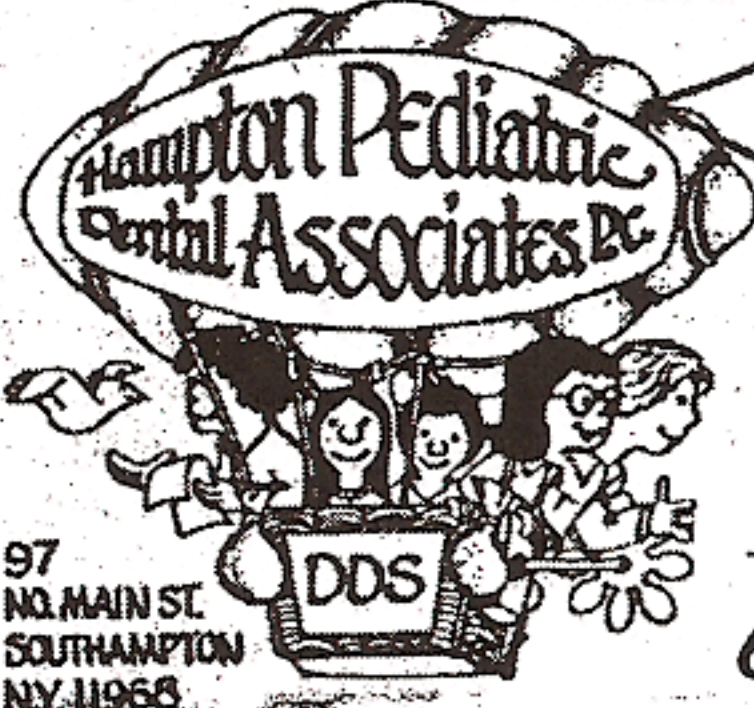
Healthy skin and healthy living is basically à la carte for the taking. So spend some time to figure out your skin type and health needs, then browse the farmer's market, pick up some beautiful fresh fish, meat, fruit and veg...and do more research. Find out how to eat your way to gorgeous, glowing, spring skin and you'll feel healthier, too.



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